

Central Maine Ski Club's

5K TRAIL RUN & PAINTBALL RUN BIATHLON

Saturday, October 19

**Quarry Road Recreation Area
Waterville**

8:30 - 10:30 Registration

9:00 5 K Trail Run and 1 mile Fun Run/Walk

9:30 - 10:30 Target range open for practice

(Paintball guns and instruction provided by V Town Paintball)

10:30 Run Biathlon (3 laps with 2 shoots)

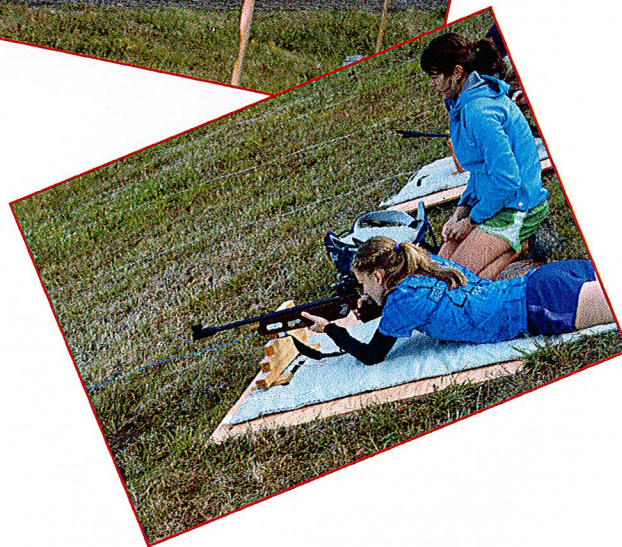
(Total distances for varying age categories: 1.5 K, 3 K and 5 K)

Pre-registration encouraged at: SkiReg.com

\$10 youth/\$15 adults/\$25 for both events

(\$5 added to fee for registration day of event)

***FMI: 207-397-3477 or
centralmaineskiclub.org***



***Prizes for several age
categories!
Grand prize if you
run both events!***

